

JIGSAW Young people's
health in mind

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Jigsaw's One Good School
Jigsaw's initiative for promoting and supporting
mental health and wellbeing in post-primary schools

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The context in which this initiative has been developed

In the past ten years or more, there has been a growing level of attention on the importance of promoting and supporting mental health and wellbeing in schools. The government has published a number of key national policy documents which identify schools as critical settings for contributing to young people's health and wellbeing.

“ Promoting **the wellbeing of our children and young people is a shared community responsibility** and is everybody's business ”

Wellbeing Policy Statement and Framework for Practice, 2018-2023¹

“ **Schools have a central role to play** in supporting and promoting students' learning about wellbeing and for wellbeing ”

Junior Cycle Wellbeing Guidelines, 2021²

Jigsaw believes that, now more than ever, there is an unparalleled opportunity for us to embrace mental health and wellbeing in schools and to be pioneers of a national movement that will support healthier communities for generations to come. In Jigsaw, we believe that schools play a vital role in promoting and supporting the mental health and wellbeing of young people and all those within the school community. Schools can provide safe and supportive environments for building life-skills, resilience and a strong sense of connectedness. Fostering healthy relationships among peers, school staff and parents/guardians is critical to a young person's overall experience of school and their social, emotional and cognitive development. The wellbeing of teachers, school leadership and school staff must also be considered and supported.

The **One Good School** initiative provides a unique opportunity to demonstrate Jigsaw's contribution to the implementation of national government policy for schools. Through our work in youth mental health promotion, and our extensive experience of providing therapeutic supports to young people, we can actively partner with schools to promote mental health and wellbeing and support them to achieve their commitments set out in national policy.

- 1 Department of Education and Skills (2018). Wellbeing Policy Statement and Framework for Practice 2018-2023. Dublin: Department of Education and Skills.
- 2 National Council for Curriculum and Assessment (NCCA) (2021). *Guidelines for Wellbeing in Junior Cycle*. Dublin: National Council of Curriculum Assessment. Department of Education and Skills.
- 3 Department of Health. (2020) Sharing the vision: a mental health policy for everyone. Dublin: Government of Ireland
- 4 Department of Education and Skills (2018). Wellbeing Policy Statement and Framework for Practice 2018-2023. Dublin: Department of Education and Skills.

“ Schools and educational settings provide a **powerful context for the promotion of wellbeing** ”

Sharing the Vision, a Mental Health Policy for Everyone, Government of Ireland, 2020³

“ Research indicates that a multi-component, preventative, whole school approach to the promotion of wellbeing, with interventions at both universal and targeted levels, is **the most beneficial and evidence-informed approach for schools and centres of education.** (Weare & Gray, 2003). ”

Wellbeing Policy Statement and Framework for Practice' (2018 – 2023)⁴

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One Good School at a glance

A two-year initiative:

The **One Good School** initiative is rolled out over two years, in order to support schools to fully embed mental health and wellbeing across the whole-school community.

“ **Most rewarding and enjoyable programme** completed in Transition Year ”

Feedback from a young person who took part in Jigsaw's school peer education programme



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leading the change in youth mental health.

One Good School Award:

One Good School offers three levels of award at the end of a two-year cycle to acknowledge the efforts and commitments that all members of the school community have demonstrated towards promoting and supporting youth mental health and wellbeing.

One Good School Team:

Central to the success of **One Good School** in your school will be the establishment of a One Good School Team which has representatives from the whole-school community. This team will be supported by Jigsaw to implement the initiative in your school.

eLearning courses for school staff, young people and parents/guardians:

To support the whole-school community to learn about youth mental health, **Jigsaw's One Good School** initiative offers eLearning courses and webinars for school staff, parents/guardians and young people. These will build mental health literacy and support participants to develop skills for promoting and supporting mental health.

A broad range of activities for the whole-school community:

This initiative offers a broad range of evidence-informed activities for school leadership, staff, young people and parents/guardians. Schools can participate in a mix of self-directed and face-to-face learning opportunities and staff will be offered training in order to roll out school-led programmes such as Peer Education and Innovate for Wellbeing. (See poster pull-out for the full range of activities available).

Cluster meetings and shared learning:

Throughout the initiative, Jigsaw will facilitate shared learning opportunities among participating schools in your county. Schools will have the opportunity to discuss common themes, problem-solve and share learning in relation to youth mental health and wellbeing.

User-friendly online portal:

Participating schools will sign up to and engage with the initiative through our user friendly, online portal. Schools can then access all our eLearning courses, resources and webinars through this bespoke portal. Schools will also be able to monitor and track their progress, upload documents and access support via the portal.

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Statistics and comments from school staff and young people who have participated in our programmes

80 schools signed up for **One Good School** in 2019-2021

85% of schools in the pilot completed the initiative



Young people, whose schools participated in **One Good School**, reported increased levels of mental health knowledge and awareness.

School staff, who completed follow-up measures, perceived the **One Good School** initiative as acceptable, appropriate and feasible.



“ Good to get advice from a real person, **helped the class to be more open about mental health** ”

Feedback from a young person who took part in Jigsaw's **One Good School** initiative

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“ Often when my children are experiencing issues I have in the past felt that I cannot help them. However, **the course showed me that I can and that they appreciate what you do.** ”

I found the sessions informative. It was good to hear I had been doing the right things for my child when I felt a bit lost at the time ”

A quote from a parent of a young person who attended Jigsaw for support

“ Initially, when I heard about the One Good Adult idea, I used to really worry about being that person. But I think **One Good School helped me understand that it's more that you become part of a support network. You're not the only parachute, you are part of a bigger net** ”

A quote from a teacher who participated in the evaluation focus groups

“ I think it **gives structure to the whole-school approach...** It should be coming from everybody, **everybody has mental health and everybody has a way of helping somebody.** So if One Good School is a way to do that, then brilliant! ”

A quote from a teacher who participated in the evaluation focus groups

“ I have to say it was a success. **We got good feedback from parents,** and that for once there was something for them too. So they felt important. **It gave them a space to meet with each other and talk about their own kids,** and relate to each other's issues. ”

A quote from a teacher who participated in the evaluation focus groups



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Unique features of the One Good School initiative

The One Good School Team:

The rollout of the **One Good School** initiative in each school will be overseen by a One Good School Team, recruited by the Principal. This team will represent the whole-school through its membership of school leadership, school staff, parents/guardians and young people. Members of the One Good School Team will benefit from bespoke training to support them in their important role. The team will have access to a **One Good School** implementation toolkit, which will guide them every step of the way and they will be supported through regular check-ins with their local Jigsaw service. The formation of the One Good School Team is crucial to the success of the initiative in schools and is one of the cornerstones of ensuring that responsibility for mental health and wellbeing is embedded and shared across the whole-school community.

Cluster meetings and shared learning:

Jigsaw will organise and facilitate cluster sessions for participating schools in your county / Jigsaw service area, providing an opportunity for school staff to network, share learning and problem-solve with colleagues in relation to specific themes. Depending on the theme, sessions will be facilitated by both Jigsaw staff and relevant external organisations. Cluster sessions will also provide opportunities for Jigsaw clinicians to be involved in more bespoke areas of work with schools in relation to mental health and wellbeing. We see the cluster sessions as another layer of support that Jigsaw can provide, further building school staff's confidence and competence in promoting and supporting young people's mental health and wellbeing.



Student-led programmes:

The **One Good School** initiative provides an opportunity for school staff to take advantage of bespoke blended training opportunities to support them to roll-out student-led programmes in their school. These include:

Peer education

Jigsaw's Peer Education Programme offers young people the chance to make a real difference to their school community by delivering a mental health workshop to their peers. This fully-resourced programme will be led by teachers in the school, trained by Jigsaw, who will then support their students to develop the knowledge and skills to deliver a specially designed Jigsaw workshop. Peer education is well established in Jigsaw and our research has told us that young people who attend the peer-led workshops report an increase in their mental health literacy and willingness to seek help.

Innovate for Wellbeing

Jigsaw are committed to putting the voice of young people at the centre of youth mental health promotion and there is growing evidence for the need for young people to participate in decisions that affect them. Authentic student voice in schools encourages school connection, fosters positive relationships and embeds a culture of belonging in schools, all of which we know have an impact on wellbeing. Innovate for Wellbeing, developed in collaboration with Young Social Innovators, is a student-voice programme, specifically designed for **One Good School**. The programme combines social action with themes of mental health and wellbeing to enable young people to play an active role in mental health promotion in their school. This fully resourced programme is led by school staff with support from Jigsaw.

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Officially Certified
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Jigsaw's One Good School™ is a comprehensive initiative which supports the mental health and wellbeing of young people, and those around them, by developing a shared responsibility for mental health across the whole school community. This school has been officially recognised for its participation in **Jigsaw's One Good School™** initiative.

Creating an Ireland where every young person's
mental health is valued and supported.

jigsaw.ie/onegoodschool

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Criteria for participating in the One Good School initiative

The **One Good School** initiative offers a unique opportunity to support mental health and wellbeing for all and embed a culture where the whole-school community shares a responsibility for promoting and supporting mental health.

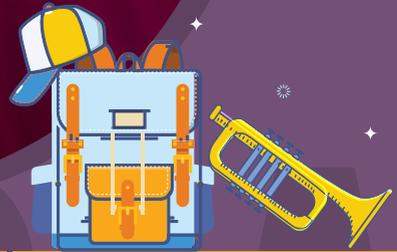
In order to maximise the benefits for your school, it is important that:

- School leadership are committed to supporting the initiative at all levels across the two years, including participating in training.
- The school is in a position to recruit a committed One Good School Team, with representatives from leadership, school staff, parents/guardians and young people and nominate a One Good School Lead.
- There is a commitment to participating in the self-directed nature of the initiative, tracking progress in your school and reporting to Jigsaw on successes and achievements.
- There is a willingness for school staff to attend cluster meetings and a commitment to sharing the learning with other schools.



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Jigsaw's One Good School Award | Three levels

Jigsaw recognises that all schools are unique and have different ways of promoting and supporting youth mental health. With this in mind, Jigsaw offers three levels of award for participation in the **One Good School** initiative which recognise the efforts and commitment schools have made during the two-year implementation.

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For a Bronze One Good School Award, schools must have:

- Completed leadership training (both online and face-to-face)
- Established a One Good School Team and nominated a One Good School Lead
- Completed One Good School Team training (both online and face-to-face)
- Completed One Good School Team Tasks (see **One Good School** Journey pull-out).

For a Silver One Good School Award, schools must have completed all of the criteria for the bronze award, plus:

- 30% of school staff completed the eLearning course, Mental Health and Wellbeing – a One Good School Approach
- 30% of young people completed the self-directed eLearning course, Let's Talk - Sure Why Not?
- Parent/guardian engagement at the Mental Health Awareness for Parents/Guardians webinar
- Completed one additional area of activity from their One Good School action plan
- School represented at a minimum of 1 cluster meeting.

For a Gold One Good School Award, schools must have completed all of the criteria for the bronze award, plus:

- 50% of school staff completed the eLearning course, Mental Health and Wellbeing – a One Good School Approach
- 50% of young people completed the self-directed eLearning course, Let's Talk - Sure Why Not?
- Parent/guardian engagement at the Mental Health Awareness for Parents/Guardians webinar and Mental Health Awareness for Parents/Guardians online course
- Completed four areas of activity from their One Good School action plan (at least one area per school group i.e. leadership, staff, young people, parents/guardians)
- School represented at a minimum of 3 cluster meetings.

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Evaluation of outcomes

Research and evaluation are central to our work in Jigsaw.

Jigsaw services will be engaged in key evaluation and data gathering activities throughout the implementation of the **One Good School** initiative. Jigsaw aim to ensure that we are able to clearly demonstrate what difference our work is making in schools. This will also support future developments of our work in schools, ensuring that we are responsive to the identified needs of the whole-school community.





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How to participate

The recruitment and selection process of schools to participate in **Jigsaw's One Good School** initiative will be undertaken by each local Jigsaw service.

Only schools within the catchment area of Jigsaw services will be eligible to participate in **Jigsaw's One Good School** initiative 2022/2023.

There will be limited spaces available.

If you are interested in finding out more information, please contact your local Jigsaw service:

Jigsaw Dublin / Dublin City

Tel: 01 658 3070

Email: dublincity@jigsaw.ie

Jigsaw Dublin / Dublin 15

Tel: 01 890 5810

Email: dublin15@jigsaw.ie

Jigsaw Dublin / South West

Tel: 01 538 0087

Email: dublinsouthwest@jigsaw.ie

Jigsaw Dublin / North Fingal

Tel: 01 960 3020

Email: northfingal@jigsaw.ie

Jigsaw Cork

Tel: 021 245 2500

Email: cork@jigsaw.ie

Jigsaw Donegal

Tel: 074 972 6920

Email: donegal@jigsaw.ie

Jigsaw Galway

Tel: 091 549 252

Email: galway@jigsaw.ie

Jigsaw Kerry

Tel: 066 718 6785

Email: kerry@jigsaw.ie

Jigsaw Limerick

Tel: 061 974 510

Email: limerick@jigsaw.ie

Jigsaw Meath

Tel: 046 907 1702

Email: meath@jigsaw.ie

Jigsaw Laois and Offaly

Tel: 057 935 2871

Email: offaly@jigsaw.ie

Jigsaw Roscommon

Tel: 090 66 43010

Email: roscommon@jigsaw.ie

Jigsaw Tipperary

Tel: 0504 60023

Email: tipperary@jigsaw.ie

Jigsaw Wicklow

Tel: 01 524 0796

Email: wicklow@jigsaw.ie

Find your nearest Jigsaw service
by visiting jigsaw.ie/find-a-jigsaw

We are Jigsaw...

Jigsaw is committed to improving young people's mental health and to developing supportive communities by providing a range of supports including one-to-one support sessions with young people and education and training workshops for adults in the community. **Through our work, we strive to bring about an Ireland where every young person's mental health is valued and supported.**

Our vision is an Ireland where every young person's mental health is valued and supported.

Find out more about our work at jigsaw.ie



We are Jigsaw...
leading the change in youth mental health.

At Jigsaw, we work closely with communities to kick-start conversations, encourage understanding and increase knowledge about youth mental health. We engage with policy makers and politicians to inform their decisions and advocate for better mental health supports for young people. We conduct ongoing and rigorous monitoring and evaluation of our work to ensure it is effectively meeting the mental health needs of young people.

Jigsaw's individual therapeutic supports are free for young people aged 12-25 and situated in the heart of communities across Ireland.

Our core strategic priorities are:

- 1. We influence change** through evidence-informed thought leadership and campaigning, all underpinned by Jigsaw's unique early intervention and prevention approach. We influence decisions and work collectively with our partners to influence changes in mental health awareness levels, laws, policies, funding and more, in order to advance our vision for Ireland's young people.
- 2. We strengthen communities** by adopting a community-based, holistic approach, with the active involvement of, and engagement with, key public stakeholders across Ireland. In order to drive the change we see as essential in youth mental health we need to better inform, support, educate and empower a wide section of our communities, enabling a better understanding of our collective responsibility in supporting young people's mental health.
- 3. We deliver early intervention and prevention primary care services** that are designed to be safe and compassionate spaces in and of the community that offer quality, professional care to a young person when and where they need it most.

Find out more about our work at [jigsaw.ie](https://www.jigsaw.ie)

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Follow us on:



Our partnership with Lidl...

Over three years, Lidl have pledged to raise €1.25 million for Jigsaw to be invested in initiatives like **Jigsaw's One Good School**. Not only are Lidl aiming to raise funds to help Jigsaw expand our reach, but they are also aiming to raise awareness of youth mental health across Ireland and encourage all their customers and colleagues to be **One Good Adult**[®] to a young person in their lives by being there to listen, support and advise when times are tough.

Without the commitment of strategic partners like Lidl, we cannot deliver the vital supports that our young people and those around them deserve. We are hugely indebted to Lidl for their commitment to Jigsaw and our **One Good School** initiative.

Lidl Ireland's support of Jigsaw's One Good School initiative A message from JP Scally, Managing Director of Lidl Ireland...

Since opening our very first store in Ireland in 2000 we have grown our organisation right across Ireland enabling us to raise both awareness and funds for various charity partners in communities nationwide. We currently operate over **160 stores** with regional bases in Charleville, Co. Cork, Newbridge, Co. Kildare, Mullingar, Co. Westmeath and a head office base in Tallaght, Dublin and all our charity partnerships are collectively supported with the efforts from our team of 4,200+ colleagues across Ireland.

Part of our mission is to positively contribute to the communities in which we live and operate. This commitment to community engagement and social sustainability is important to us and we have made a huge impact in this area over the past number of years. Initiatives such as our food surplus donation programme, and our ground-breaking support of the Ladies Gaelic Football along with supporting hundreds of charities and community groups nationwide.

We are Jigsaw...
leading the change in youth mental health.

The decision to focus on mental health was reached when we asked our teams what type of charity they would like the company to support – mental health and supporting young people was the clear choice. And so, in April 2018, we announced our partnership with Jigsaw with a pledge to raise €1 million over three years. And in April 2021, we extended our commitment to Jigsaw to €1.25 million for a further year. But not only are we aiming to raise funds to help Jigsaw expand their reach, but we are also aiming to raise awareness of youth mental health across Ireland and encourage all our customers and colleagues to be **One Good Adult**® to a young person in their lives by being there to listen, support and advise when times are tough.

The decision to support **One Good School** was straight-forward. We share Jigsaw's commitment to mental health and we too believe that schools play a vital role in the promotion of positive mental health. By supporting Jigsaw's **One Good School** initiative, we aim to directly support young people in our communities across the country.

You can find out more about our initiatives and activities here: abettertomorrow-lidl.ie



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